



Guam Comprehensive Cancer Control

Newsletter

"The people of Guam will be cancer free, embracing a healthy lifestyle and living in a healthy environment."

Celebrate Life! Cancer Survivors Conference

By Ms. Vivian P. Pareja



2016 Celebrate Life! Cancer Survivors Conference Participants

The Guam Comprehensive Cancer Control Coalition’s Survivorship and Quality of Life Action Team hosted the annual Celebrate Life! Cancer Survivors Conference held on September 24th at Pacific Star Resort & Spa. The conference is intended for all those living with, through and beyond a cancer diagnosis.

There were three plenary sessions in the conference: “Tools of Empowerment” (Delores J.U. Lee, MD); “Choosing Hope: Navigating Your Survivorship Journey with Purpose” (D. Jared Ivie, MSW); and “Stories from My Bathroom Reading Materials” (Jerry and Anna Teresa Indalecio Eustaquio). Breakout sessions were also included in the event: “Art Therapy: Painting Your Story” (Arlene Diaz, PhD); “Nutrition: Everyday Choices” (Tanisha Franquez Aflague, PhD, RDN, LD); “Zumba” (Kevin Taitague and Ken San Agustin); “Mindful Stretching” (Melvin Brillantes); “Art Therapy: Stamping Your Journey” (Antoinette Okada); and “Crafting Your Story through Photography” (Alissa Eclavea). These provided educational opportunities and interactive sessions focusing on cancer survivorship. (Continue to page 2)

Volume 3 Issue 10

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We would like to invite you to join our Coalition...

For more information about Guam Comprehensive Cancer Control Program and Coalition, please contact: 671-735-0670/73/75

Meet your Guam Comprehensive Cancer Control Coalition Steering Committee Members (2016 - 2017)



Kavita



Rose



Charly



Bethany



Marisha



Chuck



Cynthia

Celebrate Life! Cancer Survivors Conference

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In addition, the following organizations were present at the event as an exhibitor: Island Cancer Center, FHP Cancer Center, Cancer Center of Guam, Guam Regional Medical City, TakeCare, SelectCare, Staywell, AFLAC, Guam Medicare Assistance Program, Guam Senior Medical Patrol Project, Medicaid Assistance Program, Medically Indigent Program, American Cancer Society, Guam Visiting Nurses, Guam Cancer Registry, Cancer Research Center, Health Services of the Pacific, and National Family Caregiver Support Program.

More than 100 cancer survivors, caregivers, and family members participated in this event. Overall, participants' feedback was positive. Many of them stated that the conference was educational, enlightening, and motivating. Several noted that the Zumba and Mindful Stretching sessions were fun and relaxing.

Moreover, this is the first conference that the program utilized Facebook Live as a means to broadcast the conference's plenary and breakout sessions via the Cancer Coalition and Program's Facebook page.

Pictures from the Celebrate Life! Cancer Survivors Conference



Celebrate Life! Cancer Survivors Conference

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Pictures from the Celebrate Life! Cancer Survivors Conference



CCC Coalition Action Teams Updates



Prevention Action Team/NCD Physical Activity Group

GCCCP, in collaboration with the HPV Subcommittee Team, conducted a presentation on the HPV Vaccination Initiative at the Guam Department of Education (GDOE) ECL Conference Room on September 22, 2016 during a School Nurses Monthly Meeting. A total of 34 nurses were present. The GDOE nurses showed interest in assisting the team with school based education activities, and some were interested in implementing an HPV Vaccination Pilot Program within their particular schools in the near future. More to come!



Screening, Early Detection, and Treatment Action Team (SEDAT)



SEDAT, in partnership with the Prevention Action Team, is continuing its efforts to support colorectal cancer screening rates to 80% by 2018. The team is currently working on the colorectal cancer screening toolkit. The toolkit is geared towards primary healthcare providers.

The team is also coordinating the follow up colorectal cancer stakeholders meeting in November 2016. Stay tuned for more information!



Policy and Advocacy Action Team (PANDA)

The team plans to meet with the newly elected 34th Guam Legislature Senators by the first quarter of 2017. For current Public Hearings, check the Guam Legislature Calendar at www.guamlegislature.com/calendar.htm

Survivorship and Quality of Life Action Team (SQOL)

The team promoted the “Guam Cancer Passport Guide” via KUAM TV, KPRG-FM 89.3 radio station, and through a Press Release. The passport guide serves as a resource for newly diagnosed patients and their families, providing directory of resources in our community and practical information to help prepare patients for treatment.

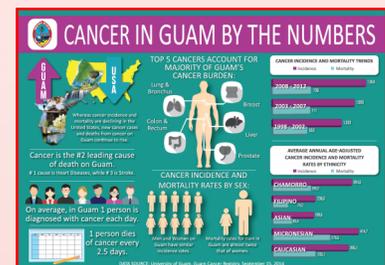
In addition, the passport guide was featured in George Washington University’s Cancer Institute Newsletter (July 2016, Volume 3, Issue 10 Cancer Control Technical Assistance Periodical).



Data and Research Action Team (DRAT)

The Guam Cancer Facts & Figures 2008 – 2012 infographic brochure has been finalized in August. The project was spearheaded by the Data and Research Action Team and led by Ms. Melliza Young of the Guam Regional Medical City.

The digital copy of the brochure is available at Cancer Coalition’s Facebook page. Like us to have access to all our products!



CCC Coalition Members in Action

Breast Cancer Awareness Month Activities

Breast Cancer Awareness Month Proclamation Signing

By Mr. Lawrence Alam

The Breast Cancer Awareness Month (BCAM) kicked off with the BCAM Proclamation Signing Event held at the Tamuning Senior Citizens Center on October 7, 2016 with Governor Eddie Baza Calvo and Mayor Louise Rivera. Dignitaries, cancer survivors, caregivers, and family members attended the event. Various cancer organizations such as Guam Cancer Care, American Cancer Society, Edward M. Calvo Cancer Foundation also came out to support the occasion.

In addition, the Guam Comprehensive Cancer Control Coalition and Guam Breast and Cervical Cancer Early Detection Program signed Guam Cancer Care's "JOIN THE FIGHT" Pledge making a commitment to continue its fight against cancer.



(Photos courtesy of Edward B. San Nicolas)

Partner organizations hosted various events during the month of October in support of BCAM such as the 5th Annual "Get Your Pink On" Wave and 15th Annual Strides for the Cure 2K/5K Run/Walk



CCC Coalition Members in Action

Breast Cancer Awareness Month Activities

Worksite Wellness Program MixedFit Event

By Ms. Vivian Pareja

GCCCP hosted a Worksite Wellness Program MixedFit Event on October 19, 2016 at Public Health in Dededo. The purpose of the event was to increase awareness on breast cancer and encourage employees, friends, and families to be physically active. More than 60 individuals participated in the event.

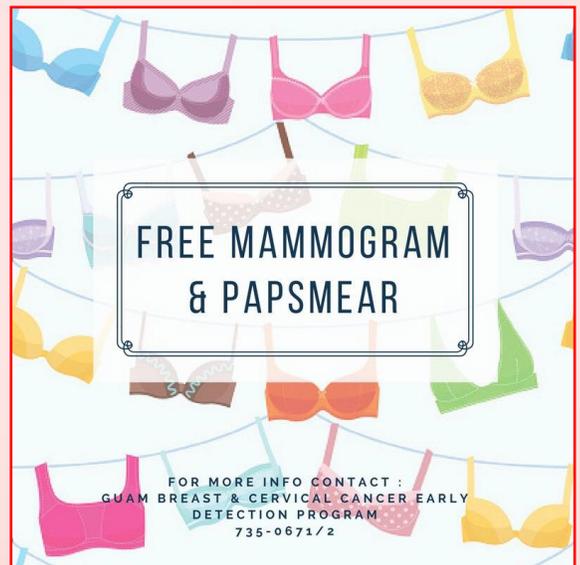
MixedFit was instructed by Dr. Benjie Santiago, National Trainer for the Asia Pacific Region, and several certified MixedFit instructors.



Guam Breast & Cervical Cancer Early Detection Program Outreach, Recruitment and Presentation

By Ms. Rachel Ramirez

The Guam Breast and Cervical Cancer Early Detection Program (GBCCEDP) celebrated the Breast Cancer Awareness Month by conducting a series of recruitment outreaches on October 4th, 18th and 25th at Payless Dededo and Agana Supermarket. More than 40 new eligible women signed up for CBE (Clinical Breast Exam), Mammogram, Pelvic Exam, Pap test and HPV testing. In conjunction with the outreaches, GBCCEDP organized two special clinics with Dr. E. Bez at the Sagua Managu Birthing Center on October 1st and 31st. A total of 78 clients were seen. Women 50-64 years old were referred to another clinic for mammogram. Lastly, GBCCEDP Health Educator conducted a small focus group presentation to newly registered women at the Dededo Senior Citizen Center. Participants learned the GBCCED Program and information on cancer. More than nine women attended the focus group.



Non-Communicable Disease Consortium

Healthy Island, Healthy People Conference 2016

By Ms. Elizabeth Guerrero and Mr. Christopher Surla

Healthy Island Healthy People is a yearly event hosted by the Department of Public Health and Social Services to showcase the successes of the Non-Communicable Disease Consortium. The Non-Communicable Disease Consortium is a collection of Government, Not-For-Profit, and Private businesses who work collaboratively to reduce diseases such as heart disease, stroke, cancer, and diabetes.



The success of the NCD Consortium reaches across the island improving policies, systems and the environment. The Consortium is divided into four (4) risk factors and three (3) ancillary action teams. Each action team represents a modifiable risk factor such as physical inactivity, tobacco use, alcohol abuse, and poor nutrition. The ancillary action teams work as integral support systems, and include data & research, policy & advocacy, and communication & media.

The NCD Consortium had many successes. **POLICIES:** The implementation of Public Law 32-179 also known as the Getting Guam Healthy Incentive Program, made available \$1 million to the NCD Consortium to develop programs for Medicaid participants and promoting physical activity in the Guam Department of Education. In addition, the enactment of Public Law 33-121 which expanded the Natasha Protection Act of 2005, prohibits smoking in vehicles when minors and pregnant women are present, and will prohibit smoking in bars effective January 1, 2017. **SYSTEMS:** The Salt Reduction team, sub-group to the Nutrition Action Team, had success with two initiatives. As part of the Salt Reduction initiative, 70 restaurant owners took a pledge to remove salt shakers from their dining tables. The Healthy Menu Labeling Project required dish recipes to be reviewed and certified by the University of Guam's Registered Dietician, as having met strict FDA dietary standards. You can find the Green Apple Live Healthy Guam stickers by dishes that have met this test, in menus at 13 local restaurants. Another success was the compliance of several Government of Guam agencies to create safe and private spaces in the buildings for mothers who want to breastfeed. **YOUTH:** Increasing physical fitness events and programs in elementary schools was another success by NCD Consortium. The Physical Activity Action Team was able to train 89 teachers in SPARK, an evidence based program. **ENVIRONMENTAL:** Environmental successes include the sustaining of the community gardens project, which endorses producing and consuming local fruits and vegetables. **COMMUNITY EMPOWERMENT:** Community successes include the sponsorship of families who are alcohol free during the annual Liberation Day parade; and the encouragement of Quitting tobacco use and making the community aware of the cessation resources available to all island residents. In support of this, training was provided to individuals, medical providers, and non-profit organizations in Brief Tobacco Intervention and Tobacco Cessation Facilitation.

Also celebrated during the Healthy Island Healthy People was the inaugural Breath of Life Award Ceremony. This ceremony highlighted champions in the community who work to reduce the burden of tobacco use. The ceremony had five categories: Youth Individual, Youth Organization, Adult, Community Organization, and the Legacy award. The first four category winners were Sara Sahagon, Youth for Youth LIVE! Guam, Vice Speaker Benjamin J.F. Cruz, and Staywell Insurance Co., respectively. The Legacy award was presented to Natasha L.G. Perez posthumously. Natasha is the namesake of the Natasha Protection Act of 2005, which regulates tobacco use in public areas. These individuals and organizations have worked diligently to reduce acceptability and access of tobacco products, reduce secondhand smoke exposure, and encourage the use of tobacco cessation resources.

Finally the conference ended with the 3rd Quarter Government of Guam Worksite Wellness Program (WWP) raffle.

Non-Communicable Disease Consortium

Healthy Island, Healthy People Conference 2016

By Ms. Elizabeth Guerrero and Mr. Christopher Surla

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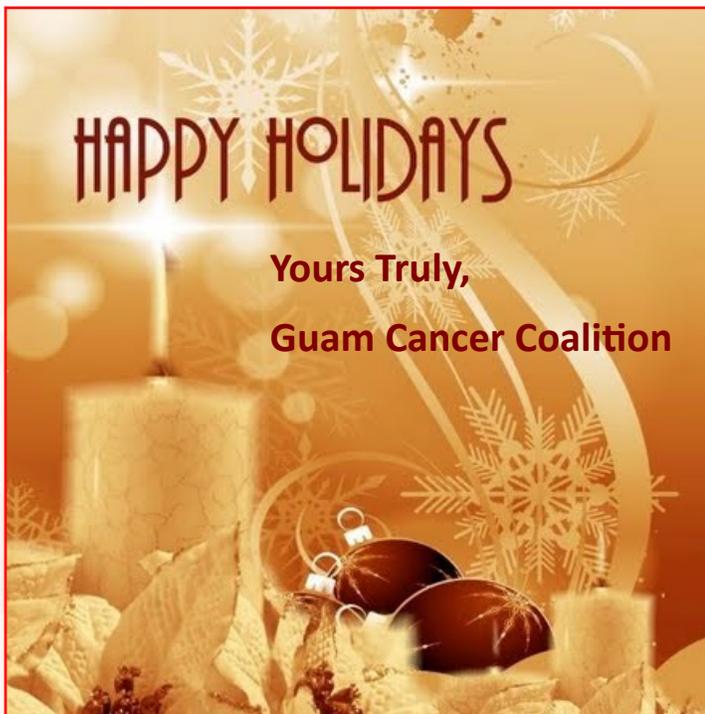
This raffle was in partnership between the NCD Consortium, the Guam Regional Medical City, Calvo's SelectCare, Phil MD, Moylan's NetCare, and TakeCare Health Insurance. The aim is to incentivize Government of Guam employees to live a healthy and active lifestyle, and award those most active in the WWP with prizes such as a round trip ticket to the Philippines – inclusive of an executive check up at the Medical City, gift certificates for groceries, and gift bags.

Pictures from the Healthy Island, Healthy People Conference 2016

Courtesy of Burt Sardoma Jr. Office of the Lt. Governor Ray Tenorio



Seasons Greetings



2016 Annual Cancer Coalition Cancer Retreat

GUAM COMPREHENSIVE CANCER CONTROL



@GuamCCC @GCCCP

Calendar of Events (January – March 2017)

January is
Cervical Cancer
Awareness Month



March is
Colorectal Cancer
Awareness Month



January 13

Cancer Coalition Retreat

For more information, contact GCCCP at 735-0670.

January 29

Cervical Cancer Conference

For more information, contact GBCCEDP at 735-0672.

March

Stay tuned for the upcoming activities for March.

Cancer Coalition Monthly Meetings

PANDA: 2nd Monday: 3:30pm – 4:30pm

DRAT: 3rd Tuesday: 9:00am – 10:00am
(University of Guam Dean's Circle House #7)

SQOL: 3rd Thursday: 11:00am – 12:00pm
(University of Guam Dean's Circle House #7)

SEDAT: 4th Tuesday: 2:00pm – 3:00pm
(Guam Cancer Care)

Prevention Action Team: 4th Monday: 2:00pm – 3:00pm
(Guam Cancer Care)

NCD Physical Activity Group
4th Monday: 3:00pm – 4:00pm

To find out specific dates, location and time, please call the Guam Comprehensive Cancer Control Program at 735-0670/73.

